



November 14, 2025

Wellness Canoe

EMPOWERING OUR COMMUNITY, ONE PADDLE AT A TIME.



WELCOME TO OUR

Wellness Newsletter



Stay Safe, Keep Our Community Safe!

If you're feeling unwell, please refrain from entering our Health and Community Centre unless you have an appointment with our Nurse or Doctor.

To protect our vulnerable members, staff, and outside community guests, including nurses, clinicians, and facilitators, we kindly ask that you wear a mask if you are experiencing cold, flu, or any other illness symptoms. Thank you for your cooperation and understanding!



In this newsletter you will find:

Latest health information, educational health workshops, clinics, health programming and more. Keep Reading!

Is it Cold, Flu, or Pneumonia?

HOW DO YOU TELL THE DIFFERENCE?

Cold:

- Caused by virus
- No antibiotics will treat it
- Contagious

Symptoms take time to develop and often includes

- Coughing (That lasts for two weeks) and a sore throat
- Stuffy nose and sneezing
- Watery eyes
- Low or no fever



Flu:

- Caused by Influenza virus
- More serious than common cold

Symptoms hit fast and often includes

- Nausea and Headaches
- Lose of appetite
- Extreme fatigue with body and muscle aches
- Stuffy nose and coughing
- High fever, chills, and sweats



Pneumonia:

- Settles in the lungs where the germs, bacteria or virus caused inflammation
- Most serious and should be treated

Symptoms often include

- High fever with chills
- Extreme fatigue
- Trouble breathing and chest pain
- Coughing up mucus
- Sweating
- Disorientation

All of these conditions are easily transmissible. If you are showing symptoms or feeling unwell, we strongly recommend consulting our on-site Nurse Practitioner, the Doctor of the day via phone, or your family physician. Please call the Health and Community Center to schedule an appointment with our on-site Nurse Practitioner if needed. 604-465-8921 ext 422

8 WAYS TO BOOST YOUR IMMUNITY

Stay Strong, Stay Healthy!

Eat a Balanced Diet

Load up on fruits, vegetables, whole grains, and lean proteins to provide essential nutrients for your immune system.

Stay Active

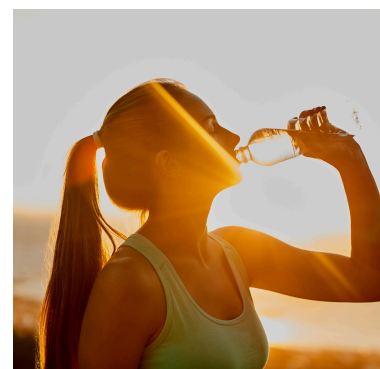
Regular exercise improves circulation and helps your immune cells work efficiently.

Get Enough Sleep

Aim for 7-9 hours of restful sleep each night to help your body repair and rejuvenate.

Stay Hydrated

Drinking plenty of water supports your body's natural detox processes and helps maintain a healthy immune system.



Manage Stress

Practice relaxation techniques like meditation, yoga, or deep breathing to reduce stress, which can weaken immunity.

Wash Your Hands

Regular hand washing helps prevent the spread of germs and infections.

Supplement Wisely

Consider supplements like Vitamin C, Vitamin D, and Zinc to support immune health, but always consult your doctor first.



Get Outside

Fresh air and sunlight boost your mood and help your body produce Vitamin D, a key player in immune function.

Stay strong, stay healthy, and keep your immune system in top shape!
#ImmunityBoost #HealthyLiving

TUESDAYS

Nov 18, 25, Dec 2



with Elder

**SALLY LEE
DENNIS**



Drop in for

BANNOCK & TEA

1-2pm

then

GIFTABLE CRAFTS

2-4pm

Mother Bear Wellness Program



YOU'RE INVITED!

MENOPAUSE INFO SESSION



JOIN FNHA FOR A FUN, INTERACTIVE
CONVERSATION ON UNDERSTANDING MENOPAUSE;

**WHAT TO EXPECT, HOW TO ALLEVIATE
SYMPTOMS AND FEEL YOUR BEST DURING THIS
TRANSITIONAL PHASE OF WOMANHOOD**

November 20th

2pm - 4pm in the Large Boardroom

Coffee, tea and other goodies provided

COME TO SHARE
AND LAUGH



FRASER SALISH REGION
First Nations Health Authority

LET'S NAVIGATE
THIS TOGETHER

UBC Research Forest

MUSHROOM IDENTIFICATION TOUR

November 21st 11:30am-3:30pm

Meet at the Wellness Den

RSVP to Faith

~ Land Based Healing ~



Mother Bear Wellness Program

Maple Ridge



Community Corrections Outreach



Join Us at the Katzie Health and Community Centre!

Date:

November 26, 2025

Time:

1:30 PM - 3:30 PM

Probation Officer Lacey Jackson will be available to answer your questions about the Criminal Justice System, Court Services, and Community Supervision/Probation. Whether you need guidance or Support navigating these systems, Lacey is here to help.

Feel free to drop by and get the assistance you need!



" Push Your Limit and Get Stronger "

NEW FITNESS CLASSES

Sundays: 10:00AM - 11:00AM

Tuesdays: 6:30PM - 7:30PM

* Please Note: times may vary depending on gym rentals/programs and emergencies

**Katzie Health and Community Centre
in the Gymnasium**

19700A Salish Road, Pitt Meadows

Please bring a water bottle and towel

I specialize in:

- Strength + Conditioning
- Weight Loss
- Weight Training
- Functional Training
- Injury Prevention
- Postural Assessment
- Pre-Post Natal
- Nutritional Wellness
- Older Adult Wellness
- Sports Specific Training
- TRX
- Kettlebell

New Participants:

If you are joining Tammy's fitness classes for the first time, please arrive 10 minutes early to complete a participant waiver. This will also provide an opportunity for anyone to share any injuries or personal goals with her.



During each workout class, participants will have the chance to enter a drawing for a \$50.00 SportChek gift card!



Mother Bear Wellness Program

November 17 - 22nd

Monday - 17

- 1 - 2pm >>> Mindset Monday- Topic Discussion - with Faith
- 3 - 5pm >>> Drop in Social and Art time - with Faith

Tuesday - 18

- 1 - 2 pm >>> Drop in Tea & Bannock - with Elder Sally Lee
- 2 - 345pm >>> Cultural Giftable Christmas Gifts - with Sally Lee
- 4 - 5 pm >>> Grief Workshop - with Jazmin

Wednesday - 19

- 12 - 2pm >>> Book with Traditional Counselor Sheree
- 2 - 4 pm >>> Drop In Recovery Group-All Genders - Sheree
- 430-530pm >>> Wellness Wednesday Check In - Jazmin

Thursday - 20

- 1 - 3pm >>> Book with Art Therapist Charlotte from Cythera
- 330-530pm >>> Making Connections Womens Support Group - Charlotte

Friday - 21

- 11:30am- 3:30pm >>> Mushroom Identification Tour@ Malcolm Knapp
Transportation provided - RSVP with Faith

Saturday - 22

- 1:30- 3pm >>> Knitting Group- All Levels - Supplies included - Kyada



November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	3 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training	4	5 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True 10:00am - 11:00am Roni [Legal Aid]	6	7 10:00am - 2:00pm Naturopath	8
9 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	10 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training 9:00am - 4:00pm Smile in a Van	11 Stat Day	12 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True 10:00am - 11:00am Roni [Legal Aid]	13 8:30am - 3:00pm Traditional Chinese Medicine w/ Karen Acupuncture 9:00am - 2:30pm Reiki with Rachele	14 10:00am - 2:00pm Naturopath	15
16 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	17 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training	18 6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	19 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True	20 2:00pm - 4:00pm Menopause Information at HC Boardroom	21 10:00am - 2:00pm Naturopath	22
23 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	24 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training Diabetes Workshop w/ FNHA	25 8:30am - 3:00pm Traditional Chinese Medicine with Dr Smith [Acupuncture] 6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	26 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True 1:30pm - 3:30pm Maple Ridge Community Corrections - Lacey Jackson	27	28 10:00am - 2:00pm Naturopath	29
30 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	1 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training	2 6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	3 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True	4	5 10:00am - 2:00pm Naturopath	6

Notes :

For additional information or to schedule an appointment, please call the front desk at **604-465-8921**.

In the event of any provider cancellations, updates will be shared on our Facebook and social media platforms.

Katzie Pharmacy



Medical Equipment Process

Need Crutches or Emergency Medical Supplies? For any injury that prevents you from walking, a doctor must assess your condition. If crutches are needed, the doctor will provide a prescription, which will allow the items to be covered by insurance.

Crutches:

- Insurance coverage available
- Prescription required

Other Medical Equipment Available:

- Knee Scooters
- Wheelchairs
- And more!

Coverage Assistance:

- Contact Jennifer Prince to book an appointment with Catalina to help with obtaining the necessary documentation.
- Coverage can be provided through FNHA (First Nations Health Authority).

Hours

Monday	9:00am - 4:00pm
Tuesday	9:00am - 4:00pm
Wednesday	9:00am - 4:00pm
Thursday	9:00am - 4:00pm
Friday	9:00am - 4:00pm
Saturday	9:00am - 9:30am

Available Vaccinations:

- Shingles [available for First Nation clients ages 60 - 70]
- Pneumonia [recommended every 5 years for high-risk clients]
- Tetanus
- HPV
- Hepatitis A/B
- Abrysvo vaccination [recommended for pregnant individuals between 32-36 weeks]
- MMR vaccine
- Boostrix or Adacel (Tdap) [recommended for pregnant women]
- Flu shots
- COVID-19 mRNA vaccines [Pfizer & Moderna, new generation]

Other vaccinations may be available if patients have medical insurance, a doctor's recommendation, or specific clinical needs

COVID Tests and Naloxone Kits also available. Cold and Flu kids also available

Services Offered:

- Specialized Services
- Medical Equipment
- Patient Management
- Prescription Reminder
- Free Delivery
- and more

Walk in

No appointment needed



Katzie Pharmacy

MEDICAL SERVICE

YOUR HEALTH, OUR PRIORITY !

Katzie Pharmacy has partnered with Avee Doctors to offer phone call appointments! Booking an appointment is easy:

How to Book:

1. Visit Katzie Pharmacy:

You can stop by Katzie Pharmacy, and they'll help you book your appointment with Avee Doctors.

Things You'll Need:

- Your full name
- Your cell phone number
- A preferred time to receive the call



2. Self-Booking:

If you prefer, you can scan the QR code on the right to book your appointment on your own.

The system will show you the first available time slot.

- Click on that time
- enter your cell number, and
- you'll receive a text confirmation.
- Follow the prompts to complete your appointment setup.



Community Resources

Find information about the various support services available within our community. Whether you need assistance with mental health, addiction, or general healthcare, this section will guide you towards the resources you need.

Need a Doctor?

Virtual Doctor of the Day through FNHA

1-855-344-3800

7 Days a week | 8:30am - 4:30pm

Need a Nurse?

Katzie Community Health Nurse

Office: 604-465-8921 ext 422

Help with Mental Wellness?

For mental health support and to book an appointment with a Counsellor or Cultural Healer, please refer to the next page for a list of service providers and their contact information

Naturopath Clinics:

Fridays from 9:30 AM to 3:00 PM

Naturopathic physicians frequently excel in treating chronic conditions that may not respond well to conventional medicine. These conditions include, but are not limited to, diabetes, high blood pressure, fatigue, pain, sleep issues, and digestive disorders.

To schedule your appointment, please contact Peggy Florence. Phone: 604-465-8921 ext 101

Medical Transportation Rides Schedule

Here are the available times for Medical Transportation Rides:

- ****Local Appointments****
 - (Pitt Meadows, Coquitlam, Maple Ridge)
 - Monday to Friday: 9:30 AM - 12:30 PM
- ****Appointments Further Away****
 - Monday to Friday: 10:00 AM - 11:30 AM
 - *Note: Exceptions are made for Specialist Appointments Only*

Eligible appointments include those for Family Doctor, Vision Care, Dental, Physiotherapy, and Medical Labs. Please note that medical rides are available exclusively for Katzie Members who do not have a functioning vehicle at home and require transportation to their medical appointments.

When booking, be prepared to provide your status number and date of birth if necessary.

Additionally, bus tickets are available for medical appointments.

Please ensure to book Medical Transportation at least 24 hours in advance. For further information, contact the Health Department at (604) 465-8921 or visit the Front Desk at the KHCC.

Legal Aid | Roni

Wednesdays from 10am—11am

Drop in, or book an appointing via email rmagnusson@mrpmcs.ca

A legal aid community partner offers free or low-cost legal services to individuals unable to afford traditional representation.

Services include legal advice, representation, educational resources, and referrals, empowering vulnerable populations to navigate legal challenges and protect their rights.



If you have any questions about these services you can contact MOA Reception at 604-465-8921 or peggy@katzie.ca.

COUNSELLING SERVICE

A counseling service is a professional support service that provides emotional and mental health support to individuals who are facing personal challenges or difficulties.

Our Counsellors:

- **Jazmin Feschuk, Counsellor**
 - hello@journeywjaz.com
- **Siobhan Avery, Counsellor**
 - Savery7@outlook.com
 - 778-791-1763
- **Dan Kim, Counsellor**
 - dan.avantcounselling@gmail.com
- **Natalie Loi, Counsellor**
 - requires referral from Family Doctor
- **Alysha Khakh**
 - alysha@katzie.ca
 - 604-454-7397
- **(Ivy) Yibin Huang**
 - 604-465-8921 ext 422

Our Cultural Advisors:

- **Damian George**
 - damian@katzie.ca
- **True Thomas**
 - 604-465-8921 ext 422



Health Services

Contact the front desk at 604-465-8921 to book for the following services.



Nurses Clinic [by Appointment]

Monday - Friday
8:30am - 4:30am

Need to see a nurse? Whether you have questions, need advice, or require a quick check-in, our dedicated nurses are ready to assist you.

To book an appointment call Katzie Health and Community Centre: 604-465-8921 ext 422

Services Offered

- General Health assessments
- Blood pressure checks
- Minor wound care
- Medication management such as reviews
- Health education and counselling
- Referrals to other healthcare professionals if necessary

Benefits

- Quick and easy access to culturally safe healthcare services
- Confidential and respectful environment
- Expert guidance from our experienced nurses
- Peace of mind knowing your health concerns are addressed promptly

Foot Care Services

Available for Elders, Diabetics, and Vulnerable Members

If you have trouble reaching your feet and need foot care services, we are here to help!



To book an appointment or for more information, please call the Health & Community Centre.

Take care of your feet—your health depends on it!

The importance of making your appointments and keeping them



The relationship between you and your Health Care professional is crucial for the success of your treatment and overall wellness. Making and Keeping appointments reflects your respect for others and shows that you value their time. Consistently attending scheduled sessions lay the groundwork for the essential, and sometimes challenging, work involved in your treatment.

If you need to cancel an appointment, please inform us as soon as possible by calling 604-465-8921. This allows us to offer your time slot to another person in need.

We must be considerate of our practitioners' schedules and their time in the community. If missed appointments become a regular issue, we will need to discuss the situation further, as we incur costs for the service even if you do not attend.

The Healthcare Team

Mental Health Supports

24 hour supports

Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.
Phone (toll-free) 1-855-242-3310
Website: hopeforwellness.ca

KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.
Phone (adults and Elders): 250-723-4050
Phone: (Youth) 250-723-2040
Phone (toll-free) 1-800-588-8717
Website: www.kuu-uscrisisline.com

Metis Crisis Line

is a service of Metis Nation British Columbia
Phone: 1-833-638-4722

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides information and referrals for all victims of crime.
Phone: 1-800-563-0808
Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis

Hotline offers immediate support anytime for support in English or French

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages
Phone: 1-800-784-2433

Indian Residential School Supports

Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.

Adah Dene Healing Society

provides health and cultural supports. Phone: 250-996-5024
Email: nakazdli.elders@outlook.com

Carrier Sekani Family Services

provides health and cultural supports.
Phone: 250-567-2900
Email: slarocque@csfs.org

Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or
Email: healthdirector@gitanmaax-health.ca

Gitanyow Human Services

provides health and cultural supports.
Phone: 250-849-5288
Email: director@gitanyowhealth.ca

Indian Residential School Survivors Society (IRSSS)

is a partner with FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.
Phone (toll-free): 1-800-721-0066
Website: www.irsss.ca

Indian Residential School Crisis Line

is a national service for anyone experiencing pain or distress as a result of their residential school experience.
Phone (toll-free): 1-866-925-4419

Kispiox Health

provides health and cultural supports.
Phone: 250-842-6236 or Email: tbaskin@anspayaxwhealth.ca

Nuu Chah Nulth Tribal Council

provides health and cultural supports
Phone: 250-724-3939 or Email: sanne.vanvlerken@nuuchahnulth.org

Okanagan National Alliance

provides health and cultural supports.
Phone: 250-826-7844
Email: Wellness.Manager@syilx.org

Sik-E-Dakh Health Society

provides health and cultural supports.
Phone: 250-842-6876
Email: andrew@sikedakh.org

Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.
Phone: (toll-free): 1-888-403-3123
Website: www.tsowtunlelum.org

Mental Health Supports cont.

Other culturally-safe supports

BC Alcohol & Drug Information Referral Service provides information about substance use treatments or supports in your area.

Phone: 1-800-663-1441

Phone (Lower Mainland): 604-660-9382

BC Seniors' Distress Line offers support for Seniors or anyone who is concerned about an older adult. Phone: 604-872-1234

Foundry virtual access province-wide virtual services for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1-833-308-6379) or video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages. Phone (no area code) 310-6789

Suicide Prevention Recourses

Available in B.C:

* 24-Hour Hotline: 1-800-784-2433

* Crisis Text Line: 604-872-3311

* Anyone in B.C can approach a clinic or go physically into a hospital if they are at risk

Youth Supports

North Fraser Indigenous Child and Youth Mental Health (ICYMH) Community-based teams offer free mental health and emotional wellness outreach counselling for children and youth aged 0-19. Call or Text Roger: 604-816-5580. Email roger.ekman@gov.bc.ca to access

Child and Youth Mental Health (CYMH) Community-based teams offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your closest Child and youth Mental Health clinic.

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1-800-668-6868 or Text: TALK to 686868. Texting support for adults available by texting TALK to 741741

Youth in BC offers crisis support available for youth 25 and under. Website: youthinbc.com

Regional health authority mental health supports

The following regional health authority supports are available to all BC residents

Fraser Health

Phone: 1-866-766-6960

Website:

<https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

Interior Health

Phone: 310-MHSU (6478)

Website:

<https://www.interiorhealth.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

Island Health

Phone: 1-888-885-8824

Website:

<https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

Northern Health

Phone: 310-6789

Website:

<https://www.northernhealth.ca/services/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1

Website:

<https://www.vch.ca/en/health-topics/mental-health-substance-use>

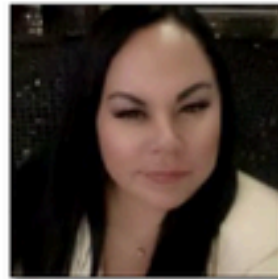
Leadership:



Grace
George
Chief
grace@katzie.ca



Rick
Bailey
Council
rick@katzie.ca



Lisa
Adams
Council
lisa@katzie.ca



David
Kenworthy
Council
david@katzie.ca

CAO & Directors:

Stacey
Goulding
Chief Administrative
Officer
stacey@katzie.ca

Kimberly
Armour
Director of Territorial
Guardianship and Referrals
kimberly@katzie.ca

Grace
George
Acting Director of Health
Services
grace@katzie.ca

Allison
Carcamo
Acting Director of Health
Services
allison@katzie.ca

Imelda
Manthovani
Director of Finance
imelda@katzie.ca

Health and Community Centre:

101		MOA Specialized Receptionist	health@katzie.ca
103	Barbara Larsen	Health Services Executive Assistant	healthservicesea@katzie.ca
116	Alysha Khakh	Clinical Social Worker	alysha@katzie.ca
420	Allison Carcamo	Mental Health and Substance Use Coordinator	allison@katzie.ca
422	Jennifer Prince	Fraser Health MOA	jennifer.prince2@fraserhealth.ca
427	Damian George	Traditional Healing & Support Worker	damian@katzie.ca
426	Donna Leon	Human & Social Services Manager	donnaleon@katzie.ca
407	Cameron Bailey	Income Assistance/Program Assistant	cameron@katzie.ca
426	Sarah Hildner	Training and Admin Assistant	training@katzie.ca
111	Meghan Florence	Youth Engagement & Education Coordinator	meghan@katzie.ca
109	Victor Florence	Youth Lead	victor@katzie.ca
	Taylor-Bree	Youth Coordinator	Taylor-bree@katzie.ca
114	Rosie Leon	Elders Traditional Kitchen & Event Coordinator	rleon@katzie.ca
114	Bruce Leon	Elders Support Worker	bruce@katzie.ca

Band Office
Ph: 604-465-8961

Katzie Health and
Community Centre
Ph: 604-465-8921

Pharmacy
Ph: 604-457-1030

Katzie Dev Corp
Ph: 604-460-8837

Early Years Centre
Ph: 604-458-0045